



# Arkansas Department of Health

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Governor Asa Hutchinson

José R. Romero, MD, Secretary of Health

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On November 26, President Biden issued a proclamation imposing [new travel restrictions](#) due to the Omicron variant of SARS-CoV-2 for immigrant and noncitizen travelers into the US who have been in the following countries within 14 days prior to their arrival:

- Botswana
- Eswatini
- Lesotho
- Malawi
- Mozambique
- Namibia
- South Africa
- Zimbabwe

The proclamation does not prohibit the arrival of US citizens or lawful permanent residents, certain noncitizen family members, and a small number of other noncitizens. Therefore, to limit the potential spread of the Omicron variant, **anyone arriving in Arkansas who has been in the above countries in the last 14 days will be expected to follow these recommendations:**

- Get a PCR test for COVID-19 immediately upon arrival AND 3-5 days after arrival in the USA. PCR tests, also called NAATs, detect genetic material from the virus and are typically “send-off” tests. Rapid tests, including home tests or antigen tests, will **not** be accepted, so please make sure to ask for a PCR test.
- [Quarantine](#) for a full seven (7) days after arrival in the USA, *even if* post-arrival tests are negative.
- [Self-isolate](#) for 10 days if test is positive OR if they develop COVID symptoms.

COVID-19 PCR tests are available widely throughout Arkansas at clinics, pharmacies, commercial laboratories, and ADH’s Local Health Units. Those wanting information on where to be tested can [click here](#) or call 1-800-803-7847.

**Further recommendations are expected by the end of this week and will supersede the above, if appropriate.**

Sincerely,

*Jennifer A. Dillaha, M.D.*

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Medical Director, Immunizations and Outbreak Response